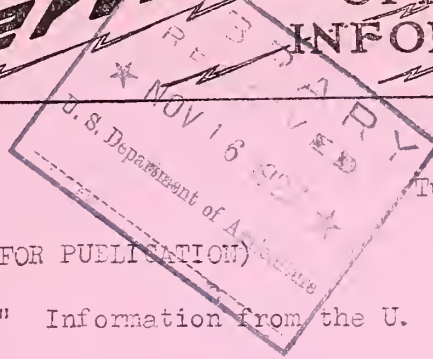


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Housekeepers' Chat

Tues., Nov. 15/27

(NOT FOR PUBLICATION)

Subject: "Care of Food in the Home." Information from the U. S. Bureau of Home Economics.

--ooOoo--

Last Saturday night Imogene and Morris took me downtown to dinner. It was Imogene's birthday anniversary. "It's such a relief", said Imogene, "to get away from the children once in a while, to forget about housekeeping, and to eat a meal which some one else has cooked."

The waiter was putting the ice in our glasses, when Imogene gave a startled cry. "Oh, Morris!" exclaimed Imogene, "did I empty the pan under the icebox?"

"I don't know," said Morris. "Let's not worry about it now."

All during the main course Imogene was preoccupied. When the waiter brought the ice cream, Imogene turned to Morris. "Please!" said Imogene, "try to remember whether I emptied the ice pan." Morris did his best, but he couldn't remember. "Let's go to a show," said Morris. "Maybe that will take your mind off the ice-box."

We went to a show, and what do you think? Before the show was half over, the villain turned out to be a wicked ice man, who stole pieces of apple pie from his customers.

"Morris," said Imogene. "This is too much. Did I empty the pan under the ice box?"

By that time all three of us were so upset about the ice-pan under the ice-box, that we could hardly enjoy the show. Do you ever let little things like that prey on your mind? If it isn't the ice pen, it's the electric iron, and if it isn't the electric iron, it's the gas stove. That reminds me -- did I put the matches out of Billy's reach? I surely hope so.

The subject of today's talk is "Care of Foods in the Home," and I have a most practical speech prepared to give you. Even the best foods may be spoiled by careless handling in the home. There's no use for us to spend several hours, selecting the best foods available on the market, unless we take care of these foods after we get them home.

The refrigerator is the best place to store perishable foods, such as milk, butter, meats, fresh vegetables, and fruits. Many of us use a refrigerator all summer, and then quit ordering ice, as soon as cool weather sets in. This may be economy, and again it may not. It costs money to provide ice, electricity, or gas, for nine or twelve months' service, but in many cases it is money wisely

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spent. Especially is this true where there are children. Milk is essential in the diet of children. But it is not enough to merely to provide milk. It should be milk that has been kept at a temperature below 50 degrees Fahrenheit, preferably between 50 and 45 degrees. You probably know, that above 50 degrees, the bacteria in milk multiply very rapidly, causing the milk to sour, and making it unpalatable. A higher temperature also is favorable to the growth of other micro-organisms, which may be present in the milk.

In using the refrigerator, locate the coldest section, and place the milk, and other dairy products, in this space. In an ice-cooled refrigerator, the space directly under the ice chamber is generally the coolest part. Reserve the next coldest space for meat and eggs. Keep other foods, as vegetables and fruits, on the remaining shelves.

A cellar, provided it is cold, dry, and well-ventilated, is a fairly good place for storing foods. Many cellars, however, are far from dry, of uncertain temperature in summer, and if they contain a furnace, they may be too warm for food storage, even in winter. Frequently, no provision is made for proper ventilation, in the cellar.

During the winter months, a "cold box" is often used for food storage. The cold box is most effective if placed on a shaded side of the house. In using it for food, one must be careful, for the food is likely to freeze, when the temperature drops suddenly. Such a box should be well screened.

When you store foods in the refrigerator, the cellar, or the cold box, be sure to cover left-over creamed dishes, milk puddings, meats, and so forth, before you put them away. If such foods are covered, they will not dry out, and they will be much more attractive and palatable when served again.

Meats, poultry, and fish should be kept clean, cold and dry. Cuts of meat from the market should be unwrapped as soon as delivered. Any dirt should be wiped or scraped off, and the meat then placed in a clean, dry, covered dish, in the refrigerator or cold storage room. Meat should never be washed, until just before it is cooked. Washing draws the juices from meats, and makes them spoil more quickly. Edible organs, such as liver, sweetbreads, and brains, spoil more easily than the ordinary cuts of meat, and should be used promptly.

Bread, cake, pies, cookies, and so forth, after they are taken from the oven, should be cooled rapidly, and then stored in well-scalded tin box, or other suitable covered receptacle. Do not wrap hot bread in a cloth. Wrapping hot bread in a cloth tends to injure the flavor, and spoils the crisp crust. Bread is an ideal place for the growth of molds; therefore, the bread box should be scalded and aired, at least once a week, and should not be shut up airtight, especially in hot, humid weather, when it is filled with fresh bread.

Flour, sugar, cereals, and other dry groceries should be kept dry, and protected from household pests. Tea, coffee, and spices hold their flavor best in air-tight containers.

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Canned goods -- jellies, jams, and so on -- should be kept in a clean, dry, cool, closet or storeroom. It is well to have canned goods on narrow shelves, so that the supply can be looked over easily, and any spoiled food quickly detected. If canned goods must be stored in the kitchen cupboard, they should be placed on the lower shelves, where they will be least exposed to heat and steam. Canned foods in glass jars should be shielded from the light, to prevent fading.

The only question I shall answer today is a request for Drop Cookies. I have a recipe here, eight ingredients, which makes 50 Drop Cookies. The eight ingredients are as follows:

- 3/4 cup milk
- 4 cups sifted soft-wheat flour.
- 3/4 cup fat
- 2 eggs.
- 4 teaspoons baking powder
- 1-1/2 cups sugar.
- 1/2 teaspoon salt, and
- 3 teaspoons flavoring.

Eight ingredients. Let's count them again: (Repeat)

Place the fat in a warm place until it becomes soft, though not melted, so it will combine easily with the sugar. After the fat and the sugar are thoroughly combined, stir in the beaten egg yolks, and add alternately the dry ingredients, which have been mixed and sifted together, and the liquid. Add the liquid gradually. Add the flavoring, and fold in the well-beaten egg whites. Drop small portions of the mixture on a greased baking sheet, and bake in a moderately hot oven, about 375 degrees Fahrenheit.

If you wish, place durrants, seedless raisins, or halves of blanched almonds, on the top of the cookies before you bake them.

Tomorrow, a dinner menu, and two recipes.

